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CALIFORNIA STATE BOARD OF HEALTH

Weekly Bulletin



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MARCH 20, 1926

GUY P. JONES
EDITOR

To Keep Well Is Personal Duty.

The prosperity and general economic standard of any community is in direct ratio to the health and welfare of the individuals who make up the community. Business is absolutely dependent upon health. Without health there could be no business activity. Too many adults are cut down in the prime of life. Too few persons are interested in their own health. Consideration is not often given to the need for determining the exact physical condition of the individual. He is not interested in health until he becomes sick and then he will move heaven and earth in order to get well. The time to think of illness is when one is in perfect health. No need to make oneself miserable about it; it is only a matter of insurance. People don't shed tears when they take out life insurance and there is no need to become melancholy about a physical examination. Some people can't bear to face facts; of course, that is a cowardly attitude. Safeguarding individual health and thereby safeguarding community health is one of the biggest things in life. It is the first duty of a civilized human being. He owes it to his fellowmen to keep himself in good health and his community has a right to demand that he be well. The whole structure of the modern civilized community rests upon the individual health of the human beings who make up that community. Business, art, music, transportation, public utilities, government and every other activity of life is dependent upon the health of the individuals who carry on these activities.

A Medical View Of Health Examinations.

The Public Health Committee of the Medical Society of Kings, Brooklyn, has published an interesting report on Periodic Medical Examinations of Apparently Healthy Persons. In the introduction it is stated "Here standing before him is a human being, with problems which only modern civilization can inflict upon man. How best to meet the situations which confront him is a task which each individual must perform for himself. The goal toward which he is striving is a happy life, perhaps a long one—certainly a healthy one. There are many considerations he must take into account. Concerning some, he may secure advice, of which none is of more value than the status of his physical self. 'Mens sana in corpore sano' is a bro-midic expression of long standing, but no other phrase can encompass so tersely the fundamental philosophy upon which a long and healthy life is based.

Every individual is fortunate that he can be advised how to keep his body sound. If he is possessed of some defect he may be told how to correct it, or how to conduct himself in order to minimize his handicap."



It must be understood that health is not to be defined as the absence of appreciable disease, but a state of well being, permitting self-support and a full measure of enjoyment in life according to age and condition. Thus we consider industrial rehabilitation, of graduates of the sanatorium or hospital, as part of the health job.—Haven Emerson, M.D.

Smallpox That Kills Writes Bitter Record.

Smallpox, during the first 70 days of the present year, is known to have killed more people in California than it killed during the years 1923, 1924 and 1925. At least 125 persons have needlessly sacrificed their lives to this preventable disease during the past 70 days and during the same period 1400 Californians suffered, needlessly, the extreme physical discomfort that the severe type of the disease always brings. The facts concerning the prevention of smallpox are so well known that the responsibility for contracting the disease now rests wholly upon the individual. Negligence in securing immunization against this disease makes its victim even more culpable than does ignorance of the law in violation of the statutes. The merits of vaccination against smallpox are too well known, generally, for any individual to plead ignorance as an excuse for nonimmunity.

Negligence in securing successful vaccination is the chief factor in the development of our present smallpox outbreak. The general public seems to prefer to wait until many cases and deaths occur before sanctioning the adoption of control measures, while, as a matter of fact, the only real measure of control, successful vaccination, should be used before a single case of the disease can possibly appear. Health officers seem to have done all that they can do to encourage the continuous exercise of vaccination, particularly among children. The old adage, "In time of peace prepare for war," holds good with relation to smallpox control. There is one considerable distinction, however: That preparation for war prevents war is more or less of a theory, but that preparation for smallpox prevents smallpox is an indisputable fact.

The following table indicates the more severe type of smallpox now prevalent within the state:

Cases and Deaths From Smallpox in
California, 1920-1926 (10 weeks).

	Cases	Deaths
1920-----	4497	7
1921-----	5579	21
1922-----	2129	20
1923-----	2026	1
1924-----	9445	56
1925-----	4921	58
1926 (10 weeks)-----	1400	125

The following table shows the distribution of cases and known deaths

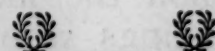
from smallpox during the first ten weeks of the year 1926:

Smallpox Cases and Deaths January 2 to
March 13, 1926.

	Cases	Deaths
Alameda County (incl. cities)-----	191	
Oakland -----	175	1
Colusa County -----	5	
Contra Costa County -----	15	
El Dorado County -----	8	
Glenn County -----	1	
Imperial County -----	26	
Kern County -----	13	
Los Angeles Co. (incl. cities)-----	895	
Los Angeles (uninc.)-----	159	4
Alhambra -----	2	
Azusa -----	3	1
Burbank -----	2	
Claremont -----	2	
Compton -----	2	
Culver City -----	1	
Glendale -----	5	
Glendora -----	2	
Huntington Park -----	4	
Inglewood -----	3	
Long Beach -----	23	3
Los Angeles -----	636	108
Montebello -----	2	
Pasadena -----	30	
San Fernando -----	2	
San Gabriel -----	1	
Santa Monica -----	4	
Venice -----	1	
Watts -----	1	
Whittier -----	2	
Lynwood -----	2	
Hawthorne -----	4	
Monterey Park -----	1	
Maywood -----	1	
Madera County -----	4	
Mendocino County -----	6	
Merced County -----	2	
Modoc County -----	1	
Orange County -----	10	
Placer County -----	19	
Riverside County -----	17	1
Sacramento County -----	71	
San Bernardino County -----	21	
San Diego County -----	9	
San Francisco County -----	38	6
San Joaquin County -----	1	
San Luis Obispo County -----	2	
Santa Barbara County -----	4	1
Santa Clara County -----	12	
Siskiyou County -----	1	
Solano County -----	6	
Sonoma County -----	49	
Stanislaus County -----	3	
Tulare County -----	1	
Ventura County -----	4	
Yolo County -----	8	
Yuba County -----	2	
California (outside cases)-----	4	
Totals -----	1449	125

SUMMARY.

	Total cases	Deaths
January -----	442	29
February -----	656	73
March (first two weeks)-----	302	23
Totals -----	1449	125



If you have health you probably will have happiness, and if you have health and happiness you will probably have all the wealth that you need, even if not all you want."—Elbert Hubbard.

Must Keep Oyster Beds Clean.

The following regulations for the maintenance of sanitary conditions in the growing and shipping of oysters within California were adopted by the California State Board of Health at its regular meeting held in Los Angeles, March 13, 1926:

REGULATIONS DEFINING THE CONDITIONS UNDER WHICH CERTIFICATE OF CLEANLINESS AND SAFETY OF OYSTER BEDS MAY BE ISSUED BY THE CALIFORNIA STATE BOARD OF HEALTH.

(Adopted March 13, 1926, by the California State Board of Health under the provisions of section 2979, Political Code of California, as amended in 1919.)

Section 1. Any person, firm or corporation operating an oyster bed in the State of California in accordance with the following regulations may obtain a certificate therefor from the State Board of Health, said certificate being revocable or subject to suspension if the regulations are not being met.

Sec. 2. Oyster beds within the State of California shall be free of any justifiable suspicion of contamination which is judged by the State Board of Health to be either dangerous or offensive.

Sec. 3. The storage of oysters in water is permissible, provided that the water is not subject to dangerous or offensive contamination, and that the salinity is not less than that in which the oysters were grown.

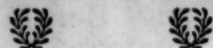
Sec. 4. Shell oysters shall not be allowed at any time to come in contact with bilge water.

Sec. 5. Operators of oyster beds shall handle shell oysters under such temperature conditions as will keep the oyster alive; that is, at a temperature below 50 degrees and above freezing temperature.

Sec. 6. Shell oysters shall be shipped in clean boxes, barrels or sacks, plainly marked with the name and address of the shipper and with the certificate number or numbers of the beds from which the oysters were obtained.

Sec. 7. The operator of an oyster bed or beds proposed to be certified shall file with the State Board of Health an agreement that he will sell or offer for sale only such shellfish as may be secured from beds or areas examined, approved and certified by the California State Board of Health, or such shellfish as are secured direct from beds outside of the State of California which shall have

been certified by the State Board of Health of such state, provided said certificate shall have been approved by the United States Public Health Service.



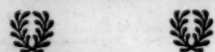
San Jose Advances in Diphtheria Control.

In the annual report of the San Jose Department of Health for the year 1925, just issued by the city health officer, Dr. H. C. Brown, an interesting and significant comment concerning diphtheria control is made. It reads as follows:

The incidence of communicable diseases maintains about the same average as other cities throughout the state, with the single exception of diphtheria, of which there were in

1921-----	206 cases
1922-----	164 cases
1923-----	81 cases
1924-----	139 cases
1925-----	40 cases

This department has been engaged for the last four years in an educational campaign against diphtheria. At least 3000 children in the city of San Jose have been given toxin antitoxin for diphtheria immunization and, in my opinion, this has resulted in the low incidence of forty cases during the year. The same relative low incidence has occurred in other communities where immunization activities were carried out.



Handicapped Child Big Financial Burden.

A child who is physically unfit for school work constitutes one of the most expensive luxuries the taxpayers have to support. The state is spending millions of dollars upon the education of its children. Every child attending the public schools who is not physically fit, who has diseased adenoids or tonsils, whose teeth are decayed, whose sight or hearing is defective or who suffers from any other physical defect is a source of expense to the taxpayer, for he can not derive the benefits that educational facilities provide. Parents of children who will enter school for the first time next fall, should, in justice to themselves and fellow taxpayers, take advantage of the opportunity that is being offered for securing physical examinations of such children. A sick child or a child having physical defects can not be educated properly until he is made well or until his physical defects are corrected.

MORBIDITY.***Diphtheria.**

88 cases of diphtheria have been reported, as follows: Berkeley 2, Oakland 7, Fresno County 1, Fresno 1, Los Angeles County 4, Culver City 1, Long Beach 1, Los Angeles 33, Pasadena 1, Pomona 1, Redondo Beach 1, Whittier 1, Lynwood 1, Hawthorne 1, Maywood 1, Monterey County 2, Orange County 1, Santa Ana 1, Riverside County 3, Riverside 1, Sacramento County 2, Sacramento 2, San Diego 4, San Francisco 11, San Joaquin County 1, Stockton 1, Stanislaus County 1, Tulare County 1.

Measles.

148 cases of measles have been reported, as follows: Oakland 17, Fresno County 2, Los Angeles County 11, Huntington Park 1, Long Beach 1, Los Angeles 11, Pasadena 6, Sacramento 1, San Bernardino 4, San Francisco 92, San Jose 1, Tulare County 1.

Scarlet Fever.

135 cases of scarlet fever have been reported, as follows: Alameda 1, Berkeley 1, Oakland 3, Piedmont 1, Fresno County 2, Fresno 1, Eureka 1, Kern County 5, Taft 1, Lake County 1, Los Angeles County 16, Alhambra 1, Burbank 1, Glendale 2, Hermosa Beach 1, Long Beach 11, Los Angeles 26, Pasadena 3, Redondo Beach 2, Whittier 2, Torrance 2, Madera 1, Merced 1, Monterey County 1, Pacific Grove 1, Napa 1, Orange County 1, Fullerton 1, Riverside County 6, Sacramento County 2, Sacramento 5, Ontario 2, Redlands 2, San Diego 6, San Francisco

* From reports received on March 15th and 16th for the week ending March 13th.

11, Stockton 1, Los Gatos 1, Palo Alto 1, San Jose 2, Rio Vista 4, Tulare County 1.

Smallpox.

169 cases of smallpox have been reported, as follows: Oakland 29, Richmond 1, Placerville 1, Kern County 1, Bakersfield 1, Los Angeles County 6, Alhambra 1, Claremont 1, Glendale 1, Long Beach 3, Los Angeles 57, San Fernando 2, Santa Monica 1, Hawthorne 1, Santa Ana 1, Riverside 1, Sacramento County 1, Sacramento 6, San Bernardino 1, San Diego 2, San Francisco 5, San Jose 1, Sonoma County 45.

Whooping Cough.

65 cases of whooping cough have been reported, as follows: Alameda 2, Berkeley 4, Oakland 13, Fresno County 8, Inyo County 8, Azusa 4, Long Beach 6, Los Angeles 1, Pasadena 2, Hawthorne 1, San Diego 4, San Francisco 9, Stockton 1, Tulare County 1, Dinuba 1.

Poliomyelitis.

2 cases of poliomyelitis have been reported, as follows: Long Beach 1, Palo Alto 1.

Typhoid Fever.

3 cases of typhoid fever have been reported, as follows: Los Angeles County 1, Orange County 1, Banning 1.

Epidemic Meningitis.

1 case of epidemic meningitis has been reported from Fresno.

Epidemic Encephalitis.

1 case of epidemic encephalitis has been reported from Sacramento.

COMMUNICABLE DISEASE REPORTS.

Disease	1926				1925			
	Week ending			Reports for week ending Mar. 13 received by Mar. 16	Week ending			Reports for week ending Mar. 14 received by Mar. 17
	Feb. 20	Feb. 27	Mar. 6		Feb. 21	Feb. 28	Mar. 7	
Anthrax.....	0	0	0	0	0	0	0	0
Chickenpox.....	491	464	551	421	368	442	525	366
Diphtheria.....	120	130	115	88	126	122	132	130
Dysentery (Bacillary).....	0	0	1	0	0	0	0	2
Epidemic Encephalitis.....	1	0	5	1	1	2	3	2
Epidemic Meningitis.....	7	11	3	1	1	0	2	1
Epidemic Jaundice.....	0	0	0	0	0	0	0	1
Gonococcus infection.....	84	64	109	87	211	105	70	82
Influenza.....	308	393	163	63	160	113	125	146
Leprosy.....	0	2	0	0	0	1	0	0
Malaria.....	1	3	4	0	1	0	1	1
Measles.....	108	101	124	148	60	49	76	60
Mumps.....	308	413	340	440	248	222	246	291
Pneumonia (lobar).....	71	87	86	75	95	80	58	64
Poliomyelitis.....	4	2	3	2	3	2	4	3
Scarlet Fever.....	147	169	187	135	151	146	186	161
Smallpox.....	132	132	183	169	184	183	146	127
Syphilis.....	97	88	140	108	212	137	123	150
Tuberculosis.....	208	123	231	206	288	132	194	147
Typhoid Fever.....	9	6	6	3	8	3	15	7
Typhus Fever.....	0	1	0	0	0	0	0	0
Whooping Cough.....	51	59	75	65	149	240	286	319
Totals.....	2147	2248	2326	2012	2266	1979	2192	2060

CALIFORNIA STATE PRINTING OFFICE